

ABOUT TOMATOES



Tomatoes are in the same plant family as pepper, eggplant, and tomatillos. Tomatoes are considered a fruit because they contain seeds, even though most people think of them as a vegetable. Tomatoes are native to Central and South America. The Incas and the Aztecs cultivated tomatoes 1300 years ago and the Spanish brought them to Europe after coming to the Americas. Eating one cup of fresh tomatoes provides 32% daily vitamin C, 25% daily vitamin A, and 10% daily potassium.

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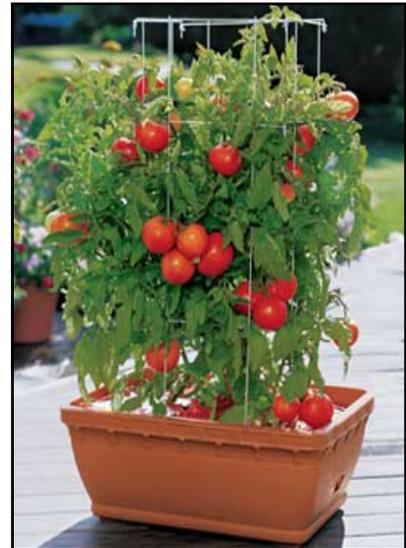
- ◆ Tomatoes that are smooth, plump, and heavy. Ripe tomatoes should smell fragrant.

Avoid:

- ◆ Tomatoes with bruises, soft spots, or broken skins

Storage:

Store tomatoes at room temperature for up to a week. Damaged fruit will deteriorate more quickly. Whole tomatoes can easily be frozen. Wash and core tomatoes, place them on a cookie sheet, and freeze. Once frozen, place them in freezer bags and return to the freezer. Previously frozen tomatoes are best used in cooked dishes.



Serving Tip:

- ◆ Tomatoes picked at the peak of ripeness are best eaten raw, on sandwiches and salads, in salsa, or just as they are.
- ◆ Tomatoes can also be added to a wide variety of cooked dishes such as soups, stews, and sauces.



Tomato Bruschetta

Yield: 6 servings
Time: 20 minutes



Ingredients

5 medium tomatoes, cut into small pieces
1 clove garlic, finely chopped
3 tablespoons olive oil
1/4 cup fresh basil leaves, slices into thin strips
Salt and pepper, to taste (optional)
1 baguette, sliced into to 1/2 rounds

Directions

1. Preheat oven to 350°F.
2. In a medium bowl, combine tomatoes, olive oil, and basil. Add salt and pepper; stir to combine. Set aside.
3. Place bread slices on a baking sheet and toast in the preheated oven until golden brown, 5-7 minutes.
4. Remove bread from oven. Top each slice with 1-2 tablespoons tomato mixture.
5. Serve.

Notes: _____

TOMATOES

Tomato and Peach Salsa



Yield: 4-6 servings

Time: 20 minutes

Ingredients

1 cup tomato, diced

1 cup fresh peaches, peeled and diced

(Place whole peaches in boiling water a few seconds and then place in ice water a few seconds. This will help skins peel off easily.)

1 small or 1/2 medium red onion, diced

2 tablespoons fresh cilantro, chopped

Juice of 2 limes

1 teaspoon olive oil

1-2 jalapeno or Serrano peppers

1 teaspoon salt

Directions

1. Stir together all ingredients in a bowl.

2. Serve immediately or refrigerate before serving. Flavors will be even better, if refrigerated overnight.

Serving Ideas:

Serve as you would any salsa - on tortilla chips, on quesadillas, on cooked chicken or fish.

Notes: _____

Fresh Tomato Soup

Yield: 4 servings
Time: 25 minutes



Ingredients

- 3 tablespoons olive or vegetable oil
- 1 medium onion, diced
- 1 carrot, shredded
- 4 cups fresh tomatoes, peeled, seeded, and chopped
- 1/2 cup of fresh basil, chopped
- 1 teaspoon salt
- 1 14-oz can low sodium chicken or vegetable broth

Directions

1. Heat the oil in a large sauce pan over medium-high heat. Add the onion and carrot and sauté until limp.
2. Stir in tomatoes, basil, salt, and pepper. Cook for 10 minutes.
3. Blend tomato mixture in a blender or food processor until smooth.
4. Return mixture to the pan and add the broth and heat to a simmer.
5. Remove from heat and serve.



Notes: _____
